

HEAT INJURY PREVENTION

Maintain adequate water and salt intake.

Limit activity to level appropriate at various WBGT levels.

WBGT Index*	Nonacclimated**	Acclimated
78° - 81.9°	Caution should be taken as intense physical exertion may precipitate heat injury.	Normal duties. However, caution should be taken as intense physical exertion may precipitate heat injury.
82° - 84.9°	Limit intense physical activity.	Same as above.
85° - 87.9°	Cancel outdoor classes in direct sun and intense physical activity such as prolonged marching.	Reduce exposure to sun.
88° - 89.9°	Cancel all physical training and strenuous activities.	Curtail strenuous outdoor activities for all recruits and other trainees with less than 12 weeks training in hot weather. Thoroughly acclimatized personnel may engage in limited activity not to exceed six hours a day.
90° - and above	Same as above.	Cancel strenuous activity and non-essential outdoor physical duty.

*Wearing of body armor or NBC Warfare protective uniforms in effect adds 10°F to the measured WBGT. Limits should be adjusted appropriately.

**Anyone who has been at Fort Sill less than two weeks.

FS Form 424 (MEDDAC) Rev 1 Jul 89 Previous edition is obsolete

HEAT INJURY SURVEILLANCE***

Heat Cramps—Active sweating, muscle cramps.

Heat Exhaustion—Sweating, headaches, weakness, short breath, palpitations, nausea, and vomiting.

Heat Stroke—High body temperature, hot dry skin, mental confusion, collapse, sudden loss of consciousness, convulsions.

Note: Heat casualties may exhibit combinations of the above symptoms or may progress from one level of severity to another. Prolonged, deep, and rapid respiration is frequently an early sign of heat injury.

First Aid—Take patients with suspected heat injury to the hospital immediately.

Do the following until the hospital is reached.

1. Place patient in shade; remove boots and open clothing.
2. Give cool salt water solution to drink (don't give to unconscious patient).
Dissolve $\frac{1}{2}$ teaspoon salt in one full canteen of water.
3. Rub arms and legs; cool body with water and fan.

***All personnel conducting strenuous physical activity should be alert for signs of heat injury even when the WBGT Index is not above 75°.

L4525 Army-Fort Sill, Okla.

WIND CHILL FACTOR

Wind Speed (MPH)	Actual Temperature Reading °F											
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
Calm	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68
10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83	-95
15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99	-112
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-124
25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	-133
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140
35	27	11	-4	-20	-35	-49	-67	-82	-98	-113	-129	-145
40	26	10	-6	-21	-37	-58	-69	-85	-100	-116	-132	-148
Phase I Little Danger				Phase II Increasing Danger				Phase III Great Danger				

USAFACFS Pam 350-5